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# Summer Food Service Program

*Provides good food  
for your children*



# Helping Migrant Families



**Your children are out of school for vacation.**

**Where can they still get good free meals while you're working?**

### **Free and healthy meals**

USDA's Summer Food Service Program gives your children good food to eat at a place near where you live.

Children need good food all year long, even when they're not in school.

The Summer Food Service Program provides free, healthy meals for children.

Your children get the foods they need to learn, play, and grow, during vacation when they don't eat at school.

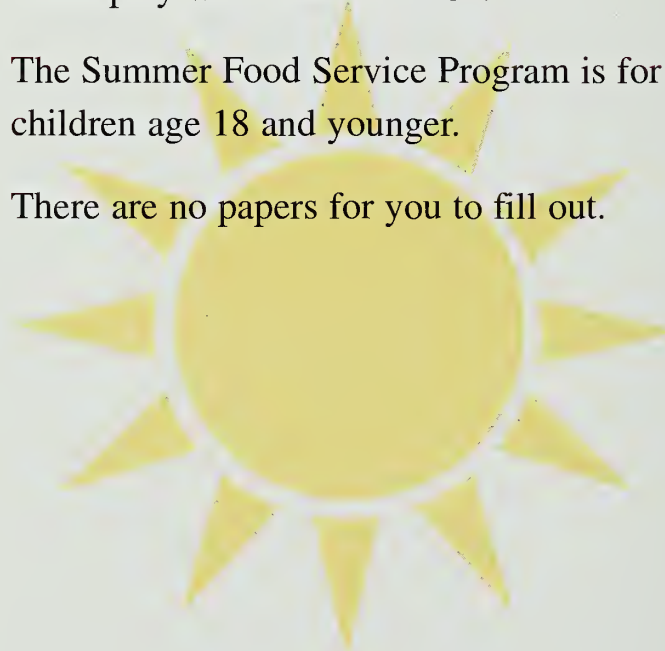
### **Benefits for children**

In the Summer Food Service Program, children have a place to go to:

- eat good food,
- have planned activities,
- and play with other children.

The Summer Food Service Program is for children age 18 and younger.

There are no papers for you to fill out.





## **Breakfast, lunch, even supper**

Meals have all the good things that children need to grow up strong and healthy.

Children eat at a place nearby.

Your children might get breakfast, lunch, supper, or snack, depending on what the site serves.

Your children can have free meals each day, and you will have more money left to buy food for the whole family.







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## Remember

The Summer Food Service Program serves meals with milk, meat, fruits, vegetables, and bread.

All meals and snacks meet USDA's nutrition standards.

The food is free to children age 18 and younger.

Children can eat up to three meals a day.

Meals are served at a supervised site near where you live.

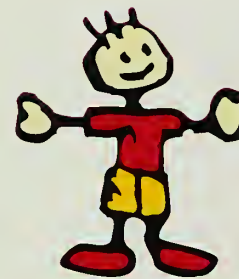
## A note to sponsors

USDA's Summer Food Service Program (SFSP) provides free meals and snacks to low-income children, 18 years of age and younger, during long school vacations. At SFSP sites serving mostly migrant children, establishing eligibility is easier, meal service times are more flexible, and administrative payments are often higher than at other sites. More importantly, children at migrant sites can receive up to three reimbursable meals each day.



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## For more information



Visit our website at  
[www.summerfood.usda.gov](http://www.summerfood.usda.gov)

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